



Sunny Spinach Salad



Makes 4 servings

Ingredients

- 1 large apple, core removed and cut into thin slices
- ¼ cup unsweetened orange juice concentrate, thawed
- 2 tablespoons rice vinegar
- 6 cups baby spinach, rinsed
- 1 cup cooked diced chicken
- ½ cup sliced strawberries, stems removed
- ¼ cup chopped walnuts

Directions

1. In a small bowl combine apple slices, thawed orange juice concentrate and rice vinegar. Stir.
2. In a large bowl, toss together spinach, chicken, strawberries and walnuts. Pour dressed apples (made in step 1) over the top. Toss until well-combined.
3. Portion onto plates and enjoy!



KID-FRIENDLY



TIP

Get the kiddos in the kitchen to help you toss together this salad! Ask about their favorite fruits and vegetables, and encourage them to add them to the bowl!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size (218g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 95mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 11g

Protein 12g

Vitamin A 130% • **Vitamin C 100%**

Calcium 15% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: walnuts

Carb choices per serving: 1